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a carriage supported on said frame and adapted for user engagement, said carriage further adapted for generally reciprocating movement between said ends;

a dynamic member coupled to a flywheel causing a rotation thereof when said carriage is moving in said first direction.

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a means for providing resistance between said carriage and said dynamic member, said resistance urging said carriage in said first direction;

a means for engaging said carriage against said dynamic member to enable the user to propel said carriage in a second direction; and

a means for maintaining said carriage between said ends.

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20. (Newly Added) An exercise apparatus as defined in claim 19 wherein said carriage is a seat.

21. (Newly Added) An exercise apparatus as defined in claim 19 wherein said carriage is a shoe.

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22. (Newly Added) An exercise apparatus as defined in claim 19 wherein said means for engaging includes a one-way clutch.

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23. (Newly Added) An exercise apparatus as defined in claim 19 wherein said means for maintaining includes a means for providing a second resistance to said dynamic member whereby said second resistance decreases as the average position of said carriage moves towards said front end and increases as the average position of said carriage moves towards said rear end.

- 5 24. (Newly Added) An exercise apparatus comprising:  
a frame having a front end and a rear end;  
a carriage supported on said frame and adapted for user engagement, said  
carriage further adapted for generally reciprocating movement between said ends;  
a dynamic member driven by a motor;  
10 a means for providing resistance between said carriage and said dynamic  
member, said resistance urging said carriage in a first direction;  
a means for engaging said carriage against said dynamic member in a first  
direction to enable the user to propel said carriage in a second direction; and  
a means for maintaining said carriage between said ends.
- 15 25. (Newly Added) An exercise apparatus as defined in claim 24 wherein said carriage is a seat.
- 20 26. (Newly Added) An exercise apparatus as defined in claim 24 wherein said carriage is a shoe.
27. (Newly Added) An exercise apparatus as defined in claim 24 wherein said means for  
engaging is a one-way clutch.
28. (Newly Added) An exercise apparatus as defined in claim 24 wherein said means for  
maintaining include a carriage stop near said front and said rear ends of said frame.
- 25 29. (Newly Added) An exercise apparatus as defined in claim 24 wherein at least one of said  
ends of said frame is adjustable above a support surface whereby said frame is capable of inclining  
and/or declining with respect to said surface.

5      30. (Newly Added)    An exercise apparatus as defined in claim 24 wherein said motor provides a varying speed, whereby the speed increases as the average position of said carriage moves towards said front end and decreases as the average position of said carriage moves towards said rear end.